# 25 Things You Can Do to Increase Your GPA

## TIME MANAGEMENT

1. Reserve time soon after each class to review your notes.
2. Keep a calendar of class times, study times, tutoring sessions, and meetings with advisors or instructors.
3. Increase your study time. You should study 2-3 hours a week for every hour you spend in class, which may be more than you studied in high school.
4. Complete all your assignments. Begin them right away and turn them in on time.
5. Begin papers early so you have time to visit the Writing Center or ask someone to look over your work. Professors recognize papers that were written at the last minute.
6. Begin studying at least five days before a test. Procrastination leads to cramming, which can lead to lower grades.
7. Plan your time so you can complete your reading before class.

## SELF-MANAGEMENT

8. Attend all your classes every day. Missing one class makes it easy to miss more.
9. Arrive on time for classes, quizzes, presentations, and exams.
10. Set a grade goal for each class, and put it where you can see it every day.
11. Set a curfew on school nights. It’s fine to have fun but you’re in college to learn and to graduate.
12. Find your own quiet place to study. It is a myth that some people study well in noisy places.
14. At the end of each day, plan for tomorrow. List all the tasks you need to complete the next day.
16. Don’t just read - read actively. Annotate in the margins. Turn headings into questions and look for answers as you read. Write summaries. Add detail to your class notes. Before you read a textbook chapter, preview it and read the summary. After you read, answer the questions at the end of the chapter.
17. Eat a well-balanced diet and get some physical exercise.
18. Avoid drugs and alcohol. If you think alcohol or drugs are affecting your academic performance, contact Counseling Services, Seton Hall, lower level; 716-286-8536.

## SUPPORT FROM OTHERS

19. Ask your instructors for their assessment of your progress in class and advice on what you need to do to earn the grade you want. Visit during their office hours or email them.
20. Visit the Office of Academic Support (Seton Hall, 1st floor; 716-286-8072) to request tutoring in specific classes and for tips on how to study and take tests.
21. Form a study group with a few other serious students. Meet regularly.
22. Ask a friend to help you get up in the mornings, go to bed earlier, and remind you to study and attend all your classes. Return the favor.
23. See your academic advisor if you’re undecided about a major.
24. Be honest with your parents. If they ask how you’re doing, let them know how they can help you.
25. Ask for help at the first sign of difficulty.